

# Work outdoors?

## Use UV protection every day.

An estimated 200 melanomas and 34,000 other skin cancers diagnosed each year in Australia are the result of UV damage in the workplace.

Protect your skin in **five ways** when outdoors.



**SLIP** on clothes that cover your arms and legs



**SLOP** on SPF 30 or higher, broad spectrum, water resistant sunscreen and reapply every two hours



**SLAP** on a broad brimmed hat or one that covers the head, face, neck and ears



**SEEK** shade, particularly over the middle part of the day when UV is highest



**SLIDE** on close fitting sunglasses

[SunSmart.org.au](http://SunSmart.org.au)



**Cancer Council**  
SA